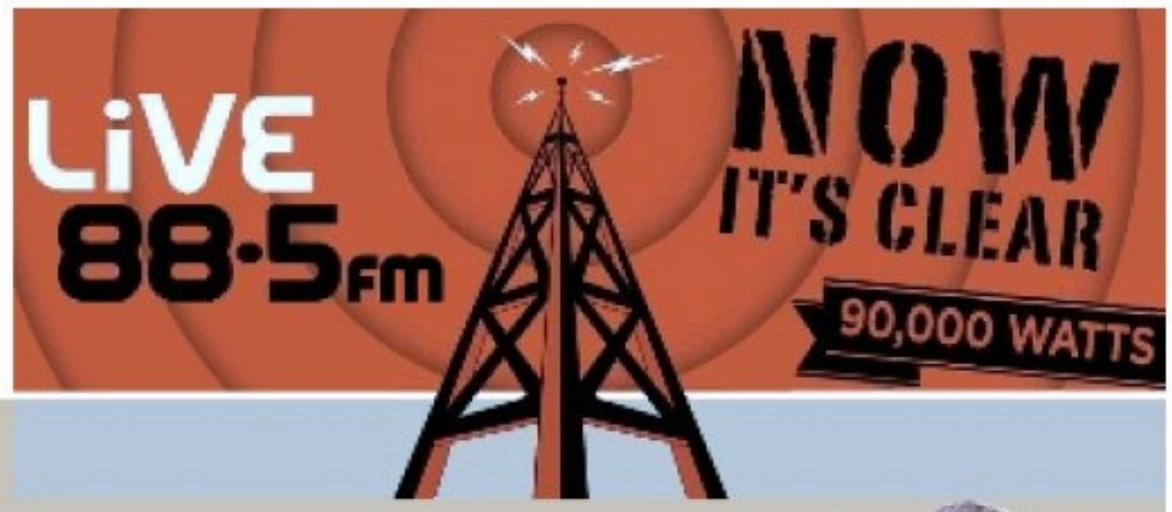
BORN TO BE BOURNE

Matt Damon on the character that relaunched his career

metroLIFE



Ottawa metro

THE BIOLOGY OF BRAIN FREEZE
SCIENCE SAYS

Your essential daily news | WEEKEND, JULY 29-AUG. 1, 2016

High 27°C/Low 15°C A mix of sun and cloud

Events leading to Abdi's death

TRAGEDY

City records, eyewitness videos help piece together violent arrest

Joe Lofaro
Metro | Ottawa

Many unanswered questions still surround the death of Abdirahman Abdi — and one of the most glaring is what exactly happened before, during and immediately after his violent arrest by Ottawa police.

Records provided by the city and eyewitness videos allow us to start to piece together some semblance of a timeline of the events leading up to the tragedy.

Here's what we know.

Ottawa police were called to Bridgehead on Wellington Street West around 9:30 a.m. Sunday. They chased him to his apartment at 55 Hilda Street.

The full extent of what happened between the time the officers caught up to Abdi and the time they called paramedics — roughly 15 minutes, perhaps a bit longer — is unclear.

Witnesses say Abdi was struck with batons and pepper-sprayed.

Police Chief Charles Bordeleau said officers called paramedics 23 seconds after it became clear Abdi was in "medical distress."

City records show paramedics received the first emergency call at 9:49:19 a.m. Paramedics were dispatched at 9:50:36 a.m.

Audio from the dispatcher helps illustrate what was happening.

"10-2's on scene with a male, unknown age who was pepper sprayed, bleeding from the mouth, now unconscious," says a dispatcher.

The first paramedics arrived at 9:56 a.m — five minutes and 24 seconds after the emergency call.

A paramedic called for backup because Abdi had no vital signs.

One video shows 10 minutes pass before paramedics arrive and perform CPR on Abdi.

He is then taken to hospital and put on life support. He was pronounced dead the next day.

Hello, Barbie

Ottawa collector after world record — with 24,000 dolls, accessories

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JUSTIN TANG/FOR METRO

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metro NEWS
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March Road, Carling a threat to cyclists

INFRASTRUCTURE

Sustain Kanata North releases report calling for safe streets

March Road and a narrow train bridge along Carling Avenue pose the greatest dangers to commuter cyclists in Kanata.

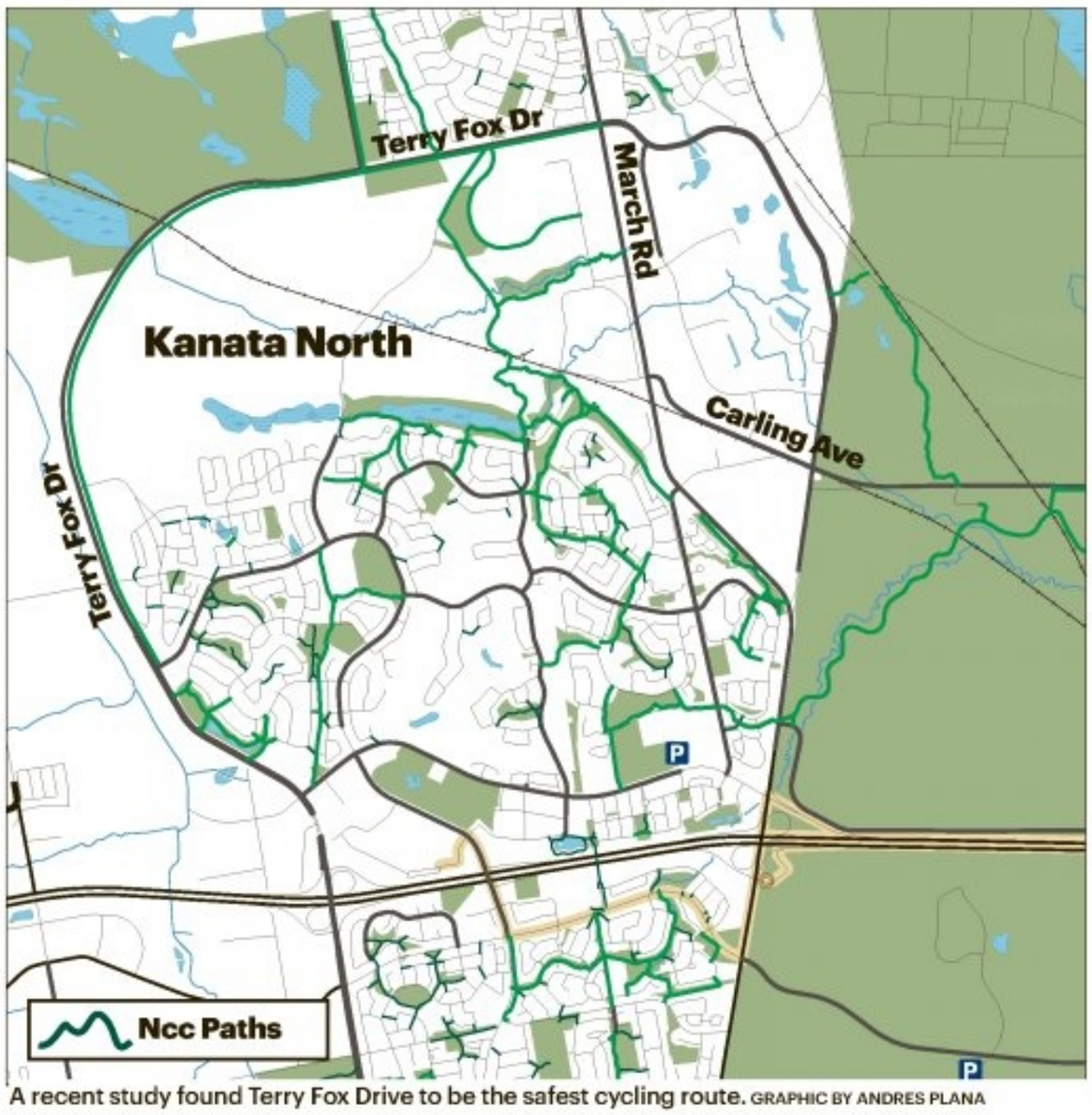
The results of a cycling blitz that ended at the Kanata North Business Park are calling on the city to improve cycling infrastructure in the west end. Travel on March Road, as well under the train bridge located near 3701 Carling Ave., present the most dangerous challenges to cyclists, said Julie Gourley, program co-ordinator of Sustain Kanata North.

The safest route was along Terry Fox Drive, where there are bike lanes and a multi-use path.

Dozens of cyclists took part in the one-hour event in early May, biking five different routes to the business area.

The report was released on July 20.

"The biggest Achilles heel is March Road; there needs to be alternatives to cycling on the road," said Gourley. "The report has some suggestions on what can be done about it."



A recent study found Terry Fox Drive to be the safest cycling route. GRAPHIC BY ANDRES PLANA

March Road

For those travelling northbound to the business park from south Kanata, Beaverbook and Village Green, there is no obvious way to avoid using March Road, said Gourley.

High vehicle speeds combined with heavy traffic and multiple lanes can discourage less experienced cyclists.

The recommendation from the group includes creating linking pathways through the KNL lands — located near the Beaver Pond and South March Highlands areas — making the route "as direct as possible" and creating a temporary path until the construction of new homes is finished.

The report also recommends making improvements to the bike lanes on March Road by reducing the current speed limit and using green paint to call attention to "conflict zones."

Carling Avenue

For those biking in westbound from Nepean, a safe route is needed through or around the Carling Avenue train bridge, said Gourley.

The narrow roadway under the bridge means cyclists must "take the lane" — no easy feat when contending with heavy traffic moving at 80 kilometres an hour or faster.

Signs posted before the bridge entrances prohibit vehicles from passing cyclists on this stretch but many drivers don't heed the warning. Cyclists taking part in the blitz said they are regularly passed, including on the day of the event, said Gourley.

It's the most direct route from the east and is favoured by experienced commuter cyclists. The group recommends installing traffic signals to stop vehicles or constructing a side route around the bridge for cyclists to make it safer for them to travel.

NCC Paths

A second group travelling from Ottawa used NCC asphalt paths along Watts Creek in the Greenbelt.

The paths are wide with good sight lines, says the report. The only issue was when the group turned off the NCC path to cross Carling at Burke Road.

During rush hour, traffic is heavy and cyclists have to wait to cross. The path on the other side is dirt

and loose gravel, and very muddy in wet weather. The path isn't maintained and leads to private roads by the Marshes Golf Course, used by cyclists to reach the business area.

Recommendations include a signalized cross-over at the end of Burke Road and upgrading the dirt path that connects Carling to the golf course.

Kanata North Coun. Marianne Wilkinson said she's already been in touch with the NCC about grading the path, but hasn't heard back.

Terry Fox Drive

Two groups travelling from the west — one from West Carleton, the other from Stittsville, Arcadia, and parts of Kanata Lakes — had the easiest route along Terry Fox Drive.

With very little turning traffic, well-paved and marked bike lanes, and a multi-use pathway, "Terry Fox is a fabulous way to bike in," said Gourley.

The only issues were minor, including the bike lane disappearing near the Centrum plaza, gouges in the bike lanes, and bus drivers stopping in the bike lanes.

JESSICA CUNHA/METROLAND MEDIA

5 THINGS to do in the city this weekend

Haley Ritchie
Metro | Ottawa

It's the perfect long weekend to float down a river, tuck into some juicy mangos or learn to dance and juggle.

1 Salsa festival (all weekend)

Prepare to cha cha all weekend because the salsa convention is coming to town. There will be workshops, national performers and social dancing starting in the evening and going until early morning hours. Tickets for all three nights at the Horticulture Building at Lansdowne Park are $65.

2 Buskerfest (all weekend)

World class pyro dancing, trampolining, daring escapes and juggling: see it all this weekend on Sparks Street. Shows will run 11 a.m. to 11 p.m. on Thursday to Saturday and 11 a.m. to 7 p.m. on Sunday. Activities are free but remember to bring change for performers and money to stop for drinks and food on the patio.

METRO

COURTESY SHAYNE MORRISSEY

3 Bytown Days (all weekend)

Celebrate the origins of Ottawa and the Rideau Canal this weekend with music, food and activities along the canal. Holiday Monday is Colonel By Day, the namesake of Bytown (now known as Ottawa) making it a perfect day to celebrate local history. On Saturday evening there will be a 'Ceilidh' music and dance celebration and on Monday there will be costumed characters, interactive activities, exhibitors and Guided Voyageur Canoe rides.

4 Mangos and Cricket (Saturday)

METRO

Sign up for a cricket tournament and free Pakistani Chaunsa mangoes! Sponsored by the High Commission of Pakistan and the Ottawa Valley Cricket Council, registration for teams is $110 and $10 for individuals. If (playing) cricket isn't your thing there will also be music, food, henna, badminton and board games. Head to Lynda Lane Park on Saturday from 10:00 a.m. to 8:00 p.m. to join in.

METRO

5 Gatineau Float (Saturday)

Seeing people float down the Gatineau river is not all that unusual in the summertime — but for some reason this weekend event has taken off. Over 10,000 people have clicked "interested" on Facebook and 1,800 have said they're attending. If you decide to join in, head to Parc Du Cheval Blanc at 11 a.m. Saturday morning and remember to bring your flotation device, a life jacket and sunscreen. Then prepare to seriously relax on the lazy current for the next four hours.

A town divided — Construction workers start on a hydro dam expansion on the Mississippi River in Almonte, Ont., on July 15. The project, owned by a local construction company, has taken six years to launch, while dividing the town and somehow garnering international attention. THE CANADIAN PRESS/SEAN KILPATRICK

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Clean energy project facing local aversion

ALMONTE

Opposers have 'wrong information': Enerdu leader

An onlooker in the heart of Almonte, Ont. watches as Enerdu moves ahead with the contentious hydroelectric expansion beside the Maple Leaf Mill. THE CANADIAN PRESS/SEAN KILPATRICK

It's barely 50 km from the cascading falls on the Mississippi River in the picturesque town of Almonte, Ont., to the site of the 2016 North American Leaders Summit in downtown Ottawa.

You can draw a straight line that's arguably even shorter between the theme of last month's "Three Amigos" meeting at the National Gallery and a tiny, contentious hydro electricity project astride those Almonte falls.

"Certainly, the agreement that we've concluded today values our shift towards cleaner renewable energy," Prime Minister Justin Trudeau said June 29 at the summit's closing news conference, flanked by U.S. President Barack Obama and Mexico's Peña Nieto.

"Canada has a tremendous amount of energy that comes from clean sources right now and we're always looking to create more."

A fortnight later, the first heavy equipment rumbled down onto the Mississippi riverbed to begin blasting a deeper channel in the rock for the existing mill race at the garage-sized Enerdu generating station, built into an old mill that has clung to Almonte's riverbank for a century.

The project, owned by a local construction company, has taken six years to launch, while dividing the town and somehow garnering international attention.

Ron Campbell, the project manager, walked a visiting reporter around the construction site in the first week of riverbed work while ruefully noting that the place would never look worse.

In a quietly emotional torrent that was part craftsman's pride, part bewilderment, part homespun logic, he recited the six-year saga of escalating opposition that included a 2014 municipal election and reached a social media crescendo over an endangered dragon fly species native to the area.

"Now we have (musician) Paul Simon against our (project) and Maude whatever-her-name-is," said Campbell, an apparent reference to Maude Barlow of the Council of Canadians.

"Everybody has a comment on a little tiny project in the middle of nowhere, with the wrong information. We're not destroying the falls. There was never a plan to destroy the falls. It's not going to happen."

Campbell doesn't want to relitigate the twists and turns of a bitter local fight, but says the battle raises a bigger question.

If an existing, run-of-river hydro project being redeveloped by a local company using local labour in a mill town founded by the river's power and still harnessed to another, municipally-owned generating station a stone's throw downstream from the Enerdu plant is getting public grief, what project will not? Even the new turbines purchased by Enerdu are designed and built by a local company headquartered literally across the street from the old mill.

It's the kind of question that just happens to preoccupy Monica Gattinger.

The University of Ottawa professor is the chair of a research project called Positive Energy. The group is currently completing case studies on community support and opposition to six different energy developments spread across Canada, with the final report to be released in early October.

She noted Canada hasn't seen energy infrastructure skirmishes like today's since the first great pipeline debates of the 1950s, which helped bring down a national government.

"We're coming back to very similar kinds of infrastructure decisions — but in a very different societal context," she said.

In Almonte, Mississippi Mills mayor Shaun McLaughlin won office in 2014 on a platform opposing the Enerdu expansion. McLaughlin said the new plant will regulate the river level and damage trees in a large swamp about eight kilometres upriver.

He also cited the endangered rapids clubtail dragonfly. "Is it a green project when you're messing up the habitat of a critically endangered species? What really is green?"

> **We're not destroying the falls. There was never a plan to destroy the falls. It's not going to happen.**
> Rob Campbell

McLaughlin says the risks outweigh the benefits of adding such a small amount of new power to a grid that's already well supplied.

Campbell, back at the Enerdu construction site, sounds worn out by engagement.

The delays mean that by the time the project starts generating electricity and revenue — likely early in 2018 — the company will have just 13 years left on its 20-year supply contract, which had to be signed before the province would greenlight the redevelopment. The $10- to $12-million investment won't pay off for 17 to 20 years, said Campbell. THE CANADIAN PRESS

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A Barbie girl in a Barbie world

FIGURES

Ottawan wants to break world record with vast collection

Emma Jackson
Metro | Ottawa

Imagine owning 24,000 of anything. Now imagine it was 24,000 things about Barbie.

Welcome to the world of Elizabeth Kondruss, owner of the Carp Flea Market and curator of a rather cramped but altogether comprehensive museum of the world's most famous doll.

Only about a quarter of her massive set of dolls, clothes, accessories, houses and cars are on display, but she's documenting everything she's got this summer with hopes of being named the Guinness World Record holder for largest Barbie collection.

The record for the most dolls is 15,000, but if you add in all the other stuff, Kondruss has her German rival beat by nearly 10,000 items. For her, hanging that plaque on the wall is tantamount to a lifetime achievement award.

Barbie collector Elizabeth Kondruss stands at the Barbie Museum at the Carp Flea Market in Ottawa. JUSTIN TANG/METRO

After all, she's been collecting since she was nine. She took paper routes and after-school jobs to save up for what she wanted.

> **Don't smoke, don't drink. Buy Barbies.**
> Elizabeth Kondruss

"Don't smoke, don't drink. Buy Barbies," Kondruss said.

Cases of run-of-the-mill modern Barbies are stacked next to one-of-a-kind hand-painted designer dolls.

Among all the Barbies and Kens, you'll spot Cher, Donnie and Marie, Disney princesses and villains, Scarlett O'Hara and even the Mona Lisa.

She's got about half the new Fashionistas collection, which introduced a huge range of body types to the brand. But she's not convinced Barbie really needed the change.

"Growing up I never wanted to look like Barbie," she said. "It was a toy, we had fun."

Not to mention, over the years Barbie has tried just about every career and activity there is, from astronaut to zookeeper.

"She's no bimbo," Kondruss said. She has an original 1959 Barbie — #1 Brunette — but is still waiting for #1 Blonde. That doll can run up to $12,000. The collection is worth "whatever someone will pay me for it," Kondruss said — not that she'd ever hand it over.

Give her five years, and everything Kondruss owns should come to life in her new dream museum, which she plans to set up like a big city.

"When the real world gets really (too much), I can just come in here and look," Kondruss said. "It's all the beautiful dolls and the beautiful fashions and its very calming."

FOR THE RECORD

With more than 100,000 Barbie collectors worldwide, Ottawa's own Barbie girl has some stiff competition, not least from Bettina Dorfmann, who holds the record for most Barbie dolls in a collection.

As of 2011, the German woman owned more than 15,000 individual dolls, which she has been collecting since 1993. She received her first doll in 1966 at the age of five — but, according to Guinness World Records, it wasn't even Barbie — it was her best friend, Midge.

Dorfmann now owns an original 1959 Barbie, and even runs a doll hospital to help other enthusiasts fix broken legs and the inevitable squished neck we've all inflicted on Barbie.

Other notable Barbie records: Totally Hair Barbie is Mattel's best-selling Barbie doll, with 10 million sold worldwide since 1992. And the most expensive Barbie fetched $302,000 USD at auction in 2010. She came with a diamond necklace and the proceeds went to breast cancer research. EMMA JACKSON/METRO

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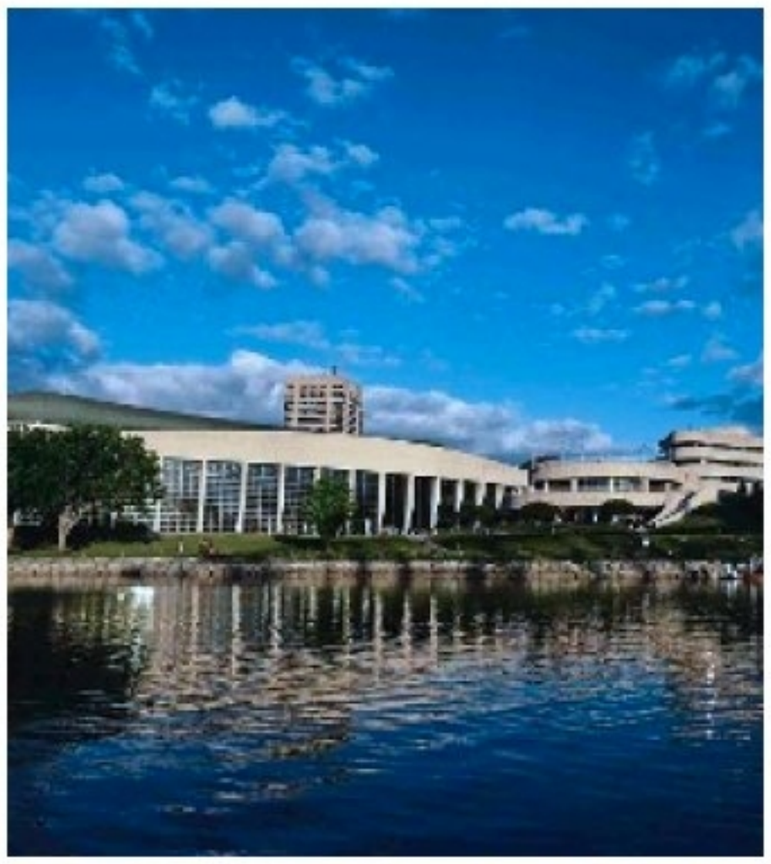

The Canadian Museum of History seen from the Ottawa River in Gatineau, Quebec. THE CANADIAN PRESS/SEAN KILPATRICK

Ottawa River receives official heritage status

Haley Ritchie
Metro | Ottawa

Parks Canada has officially dubbed the Ottawa River a designated heritage river.

"I think it's fantastic," said Meredith Brown, president of Ottawa Riverkeeper.

Brown said that while the designation has no "legislative teeth," the recognition is an important first step in protecting the river. Efforts to have the river recognized have been taking place for over a decade.

"To be celebrating Canada's birthday next year on this beautiful river, I think it's important it has heritage status," she said.

"This river brings together three communities: the French, the English and the First Nations. I love that piece of it. It's the original Trans Canada highway — Ottawa is the capital of Canada because of the river," she said.

The designation doesn't bring any policy changes or extra protection but it does include a "monitoring report" prepared every 10 years and submitted to the Canadian Heritage River Board.

39

The Ottawa River joins the list of 39 other designated Canadian heritage rivers, including the Rideau and Mattawa rivers.

The designation only applies to the Ontario side of the river for now, because the Quebec government decided to opt out of the federal program and plans to create their own designation.

Brown said she's confident the Quebec side will be recognized before 2017.

IN BRIEF

Mannequins stolen from Belleville businesses

Police are searching for several female mannequins that went missing from downtown shops in Belleville, Ont.

Between May 8 and last Sunday, there have been five break-and-enters in the city and another attempted break-in. In total, police say six complete mannequins and four female torsos have been stolen.

THE CANADIAN PRESS

Ontario spent $70 million on unneeded pension plan

Ontario spent $70 million preparing to create a provincial pension plan that won't be needed because Ottawa and the other provinces agreed to enhance the CPP.

Finance Minister Charles Sousa says over $2 million will go for severance for the top six executives at the corporation for the Ontario Retirement Pension Plan.

THE CANADIAN PRESS

Humane society still toothless

ANIMAL WELFARE

Judge refuses to restore its powers during legal action

Jeremy Simes
For Metro | Calgary

The Ottawa Humane Society's legal fight with the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) will have to drag on for more than a week as it tries to restore its ability to once again investigate cases of animal cruelty.

The OSPCA stripped the humane society's affiliate status earlier this month, following a dispute between the two organizations over voting rights and other internal grievances.

The humane society went to court Thursday to seek an immediate injunction to restore its investigative capabilities, but the OSPCA opposed the motion and asked for an adjournment to file more materials so the judge could have all the facts before him.

In court, Ottawa Humane Society's lawyer, Owen Rees, argued postponing the matter would put animals' lives at risk as there are "significant deficiencies with the OSPCA's investigative services."

The OSPCA's lawyer flatly denied those claims in court. Anne Posno said "animal cruelty cases are well under control" and its agents have been providing animal welfare enforcement since July 18.

The judge sided with the OSPCA and adjourned the matter to Aug. 8.

In the meantime, the OSPCA will continue to investigate and enforce animal cruelty laws.

The humane society urges people to report abuse by calling 1-310-SPCA.

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Efforts fail to reach Canadians

TURKEY

Arrested men's status as dual citizens makes matter messy

Government efforts to reach two Turkish-Canadians arrested in connection with a failed coup in Turkey earlier this month have so far been stymied.

Davud Hanci and Ilhan Erdem were arrested and detained separately over the past week as Turkish authorities swept up thousands of people it accuses of having supported the July 15 coup attempt, which left more than 200 people dead.

Citing privacy laws, Global Affairs Canada would only say that Canadian officials in Turkey are in contact with local authorities and providing consular assistance to the men's families. A government source, however, confirmed diplomats have not been able to reach Hanci or Erdem.

Both men are dual nationals, meaning they hold both Turkish and Canadian citizenship. Hanci lives in Calgary and is an imam for both the federal and Alberta correctional services. Erdem lived in Toronto and Ottawa, where he was also an imam, before moving back to Turkey after getting his Canadian citizenship.

Consular officials often have difficulty helping Canadians with dual citizenship who are arrested in their native country. This is particularly true of countries in the Middle East such as Iran, which does not recognize dual citizenships.

Turkey does recognize dual nationalities. However, the U.S. State Department says the Turkish government does not permit Turks with two nationalities and who are arrested in Turkey to contact officials from the other country for help.

"International law on this is non-existent," said Gar Pardy, who served for years as the federal government's head of consular affairs. "All you can do is just keep pushing."

Erdem was arrested at the Ataturk Airport in Istanbul on Monday while preparing to board a flight to Canada with his wife and two children, according to friend Nurcan Topcuoglu. Turkish media say Erdem is accused of leading the Hizmet movement in Canada.

The Hizmet movement, also known as the Gulen movement, is described as a global network based on the teachings of U.S.-based cleric Fethullah Gulen, the U.S.-based cleric that the Turkish government accuses of masterminding the coup. THE CANADIAN PRESS

Davud Hanci, one of two detained Canadians. TORSTAR NEWS SERVICE

NEW BRUNSWICK

PLAGUE OF MOTHS DESCENDS UPON THE POPULACE

A sudden infestation of spruce budworm moths swarmed northern New Brunswick last weekend, leaving people in Campbellton and Dalhousie with stories to tell — and a mess to clean up. Swarms landed on cars, windows and door screens and circled street lights as darkness fell, even finding their way inside homes and businesses. THE CANADIAN PRESS

1 Budworm moths in the needles of a spruce tree

2 Budworm moths in a pile under the wheel of a vehicle in Campbellton, N.B.

3 A handful of budworm moths in the hand of a biologist

ALL PHOTOS: EMILY OWENS, NATURAL RESOURCES CANADA/ THE CANADIAN PRESS

PAY PROBLEMS

Feds admit they could have done better

The federal government could have done a better job implementing the new payroll system that's causing serious payday headaches for tens of thousands of civil servants, a senior bureaucrat admitted to a Commons committee Thursday.

But moving from the antiquated, paper-heavy pay system the government used for four decades to the electronic Phoenix system was the right call at the right time, said deputy public-services minister Marie Lemay.

"I think we could have done additional measures (to smooth the transition process)," Lemay told the House of Commons committee that oversees government operations.

"But the move to the second wave and the move to Phoenix is the right decision."

MPs on the committee grilled Lemay and other officials with questions, including one civil servants and their unions have been asking for months: why was Phoenix rolled out when it was clear it had significant shortcomings?

There were indications of "bugs" in the Phoenix system after it was first launched on a limited basis in February following several delays and a third-party assessment, she said.

But the issues were minor, said Lemay, who took on a new role as deputy minister just as Phoenix was being fully implemented in a much larger second wave. And she would have recommended the system be given the green light at that time, she told the committee.

$20M

Estimated amount that dealing with the debacle could cost

Still, knowing what she knows now, that second phase should have included more time for employees to be trained on the system, and the government should have retained many of the pay system employees that were let go as the new system came online, she said.

Earlier Thursday, federal officials said they expect to have resolved all of the pay delays created by the problematic new pay system by the end of October — but undoing the damage won't be cheap.

Dealing with the months-long debacle, which has caused serious payday headaches for tens of thousands of civil servants, will cost an estimated $15 to $20 million, Lemay told a news conference earlier in the day.

That doesn't include upgrades that will be required to ensure the system runs more smoothly in the future, she added. "There's another portion that we're looking at doing to enhance, and that I still don't have a cost to."

Some 1,100 of the more than 80,000 problem files identified last week have been closed, Lemay said. THE CANADIAN PRESS

HARRY POTTER

Wizards and witches gather in Winnipeg

A Professor Sprout cosplayer at the 2007 Assiniboine Park party. COURTESY MCNALLY ROBINSON

Braeden Jones
Metro | Winnipeg

Almost a decade after the last Harry Potter story was released, the magic is still alive in Winnipeg, where thousands are expected to celebrate the latest tale from his wizarding world.

On Saturday, McNally Robinson Booksellers is hosting a free Harry Potter Party in the city's largest park, Assiniboine Park, to mark the release of Harry Potter and the Cursed Child.

The event will feature astronomy lessons, fortune telling, a petting zoo of typical wizard pets such as snakes and owls and much more.

Spokesperson Tyler Vitt said the approximately 12,000 people interested in the event on Facebook didn't surprise him one bit.

"I really don't know what it is about Winnipeg, but it seems to have so many Harry Potter fans," he said. The bookstore held Potter parties in the past that saw around 10,000 participants.

For this latest release, a script book based on a stage play of the same name, the Potter Party has something for "nostalgic" fans of the original novels and newer fans of the films alike.

"We're trying to appeal to a wide audience," Vitt said. "We've got more hands-on stuff … defence against the dark arts, Harry Potter trivia … and there's going to be a tri-wizard tournament — they're going through an obstacle course to get the ultimate trophy, the Goblet of Fire."

In addition to all of that, the event will also involve a "sock toss to free house elves," portrait artists, photo booths and a professional Quidditch lesson from Winnipeg's Whomping Willows team.

COURTS

Toronto officer gets six years for killing teenager

A Toronto police officer who gunned down a teen on an empty streetcar three years ago abused his authority in a way that undermines public trust, a judge said Thursday in sentencing him to six years in prison.

In loosing a second volley of shots on Sammy Yatim, Const. James Forcillo committed an "egregious breach of trust" and his sentence must serve as a warning to other police officers, Justice Edward Then told the court. THE CANADIAN PRESS

Election-shooting suspect was likely psychotic: Expert

Alleged Quebec election-night shooter Richard Henry Bain was likely psychotic and wasn't able to stop himself the night a man was shot and killed outside a Parti Quebecois gathering in 2012, a forensic psychiatrist testified Thursday.

Marie-Frederique Allard told his first-degree murder trial that Bain sincerely believed he was given a mission from God and "had no choice but to accomplish it." THE CANADIAN PRESS

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(including partnerships and wholesale)
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Pending Sales - 4 Deals
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Projected Profits - $2,650,000
That's 22 Deals total since they went to Bus Tour Sept 2014

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Total of $190,298 in profit in 6 months. Since then...
2 Cash Flow properties at $2,500/mth

JOHN COOKSEY

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1st Flip - profit $5,000
2nd Flip - profit $8,000
1 in construction - estimated profit $80,000
1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow $34,000/mth
1 Purchased Duplex - $800/mth

Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business. © 2016 NVCompanies. All Rights Reserved. Gifts and promotional materials may vary.

Hillary in the spotlight

U.S. ELECTION

Clinton begins historic White House bid in Philadelphia

It's Hillary Clinton's turn.

After three days of Democratic stars, including a pair of presidents, asserting she is ready for the White House, Clinton must make that case for herself on her nominating convention's final night.

The first woman to lead a major U.S. political party toward the White House, Clinton was expected to be greeted Thursday by a crowd of cheering delegates eager to see history made in the November election. But her real audience was millions of voters who may welcome her experience but question her character.

For Clinton, the stakes are enormous.

She's locked in a tight general election contest with Republican Donald Trump, an unconventional candidate and political novice. Even as Clinton and her validators argue Trump is unqualified for the Oval Office, they recognize the businessman has a visceral connection with some voters in a way the Democratic nominee does not.

Campaigning in Iowa Thursday, Trump said there were "a lot of lies being told" at Clinton's convention. In an earlier statement, he accused Democrats of living in a "fantasy world," ignoring economic and security troubles as well as Clinton's controversial email use at the State Department.

The FBI's investigation into Clinton's use of a private internet server didn't result in criminal charges, but it did appear to deepen voters' concerns with her honesty and trustworthiness. A separate pre-convention controversy over hacked Democratic Party emails showing favouritism for Clinton in the primary threatens to deepen the perception that Clinton prefers to play by her own rules.

Former Oklahoma Sen. Fred Harris said it was important for his party's nominee to showcase the "original Hillary Clinton, before she became so guarded" when she takes the convention stage.

Delegates cheer on the fourth day of the Democratic National Convention at the Wells Fargo Center on Thursday in Philadelphia. CHIP SOMODEVILLA/GETTY IMAGES

A parade of speakers at the Philadelphia convention vigorously tried to do just that on Clinton's behalf. First lady Michelle Obama, former President Bill Clinton and Vice-President Joe Biden each cast Clinton as champion for the disadvantaged and a fighter who has withstood decades of Republican attacks. Advocates and other Americans who have met Clinton throughout her career spoke of their quiet moments with one of the world's most famous women.

The Clintons' daughter, Chelsea, was expected to introduce her Thursday night, painting a personal picture of her mother.

The week's most powerful validation came Wednesday night from President Barack Obama, her victorious primary rival in 2008. Obama declared Clinton not only can defeat Trump's "deeply pessimistic vision" but also realize the "promise of this great nation."

Seeking to offset possible weariness of a politician who has been in the spotlight for decades, he said of Clinton: "She's been there for us, even if we haven't always noticed."

Clinton appeared unannounced on the platform as Obama's closed his remarks to soak up the midnight roar of cheering Democrats. She pointed at the man who denied her the White House eight years ago, smiled wide and gave him a hug.

A studious wonk who prefers policy discussions to soaring oratory, Clinton has acknowledged she struggles with the flourishes that seem to come naturally to Obama and her husband. She'll lean heavily on her "stronger together" campaign theme, invoking her 1996 book "It Takes a Village," her campaign said.

Indeed, the Democratic convention has been a visual ode those mantras: The first African-American president symbolically seeking to hand the weightiest baton in the free world to a woman. A parade of speakers — gay and straight, young and old, white, black and Hispanic — cast Trump as out-of-touch with a diverse and fast-changing nation. THE ASSOCIATED PRESS

GERMANY

Merkel vows to protect country but stick to asylum principles

Chancellor Angela Merkel pledged Thursday to do "everything humanly possible" to keep Germany safe following a string of attacks — including two carried out by asylum-seekers and claimed by the Daesh group that she said mocked the country that took in the assailants.

The attacks brought Merkel fresh criticism for her decision last year to welcome refugees. More than 1 million asylum-seekers were registered in Germany in 2015, although the influx has since slowed dramatically.

Merkel said at a news conference that Germany will "stick to our principles" and give shelter to those who deserve it.

"We will manage this," she said, repeating a mantra she coined last August.

Merkel called for a better "early warning system" against signs of radicalization, faster progress on plans to create a centre to help crack encrypted messages and better international intelligence co-operation, among other measures. But she said it's too early to say in detail what more may be required beyond the tightening of asylum and security laws already undertaken in recent months.

German Chancellor Angela Merkel has interrupted her holiday to hold a press conference on domestic and foreign policy following a spate of attacks. JOHN MACDOUGALL/AFP/GETTY IMAGES

> **Wherever there are gaps, we will have to act.**
> Chancellor Angela Merkel

"Wherever there are gaps, we will have to act — just as we have so far — so that it is clear that we are doing everything humanly possible to ensure security in our free, democratic state of law," Merkel said.

Two of the attacks in a week-long period starting July 18 — an axe rampage near Wuerzburg that wounded five and a suicide bombing that injured 15 outside a bar in Ansbach — were the first in Germany to be claimed by Daesh. Both of the attackers, asylum-seekers who arrived over the past two years, were killed.

In two other attacks — a shooting by a German-Iranian 18-year-old in Munich that claimed 10 lives, including the attacker's, and the stabbing of a woman by a Syrian asylum-seeker at a restaurant in Reutlingen — the motive is still unclear, but Islamic extremism is not suspected.

THE ASSOCIATED PRESS

IN BRIEF

Pair of military leaders dodge purge in Turkey

Turkey's top military commander, who was held hostage during an attempted coup, kept his post Thursday, while the general who served as acting chief of staff was promoted following a purge in the military.

The decisions came after Turkey discharged nearly 1,700 officers, including 149 generals and admirals, suspected of involvement in the attempted coup. An official described the actions as "dishonourable discharges." THE ASSOCIATED PRESS

Islamic extremists ambush humanitarian convoy

Boko Haram Islamic extremists ambushed a humanitarian convoy escorted by troops in northeast Nigeria on Thursday, wounding three civilians, including a UN worker, and two soldiers, the army and UNICEF said.

The attack comes as aid agencies are warning that children are dying of starvation daily among more than 500,000 people in need of urgent help in recently liberated areas that still are dangerous to reach.

THE ASSOCIATED PRESS

FRANCE

Second attacker on church identified

French officials on Thursday identified the second man who attacked a Normandy church during morning Mass, saying he's a 19-year-old from eastern France who was spotted last month in Turkey as he supposedly headed to Syria — but who returned to France instead.

The prosecutor's office identified him as Abdel-Malik Nabil Petitjean following DNA tests on his corpse. A security official confirmed that he was the unidentified man pictured on a photo distributed to French police on July 22 with a warning that he could be planning an attack.

Four days later, Petitjean and another 19-year-old local man, Adel Kermiche, stormed the church in Saint-Etienne-du-Rouvray during Mass on Tuesday. They held five people hostage before fatally slashing a priest's throat and seriously wounding the other man. The attackers were killed by police as they left the church.

A security official said Turkey spotted Petitjean at a Turkish airport going to Syria on June 10, and that on June 29 he was flagged to French authorities and immediately put on a special watch list.

Although it's not clear what caused Petitjean to turn around, in recent months Daesh propaganda has encouraged Western recruits not to join extremists in the war zones in Syria or Iraq but to remain home and carry out attacks. THE ASSOCIATED PRESS

The rabbin of Rouen, archbishop of Rouen, president of the Regional Council of the Muslim Faith of Haute-Normandie and president of the Union of the Muslims of Rouen attend a tribute to the slain priest. CHARLY TRIBALLEAU/AFP/GETTY IMAGES

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TERROR NETWORK

Ties with al-Qaida cut: Nusra Front

The leader of Syria's Nusra Front said in recording aired Thursday that his group is changing its name, claiming it will have no more ties with al-Qaida in an attempt to undermine a potential U.S. and Russian air campaign against its fighters.

The announcement is the first time that an entire branch of al-Qaida has said it is leaving the terror network. But the move took place with the endorsement of al-Qaida's central leadership, and its ideology remains the same, raising questions whether the change really goes beyond the new name, the Levant Conquest Front.

The United States, which considers Nusra a terrorist organization, immediately expressed its skepticism. White House spokesman Josh Earnest said Thursday the U.S. continues to assess that Nusra leaders intend to attack the West and said the U.S.-led military campaign is focused on a number of extremist groups, including Nusra and the Islamic State group.

But the step could complicate U.S. efforts in Syria.

Without the al-Qaida name, the group will now seek to expand its alliances with other Syrian rebels, including relative moderates backed by Washington and its allies. Those factions may then oppose international airstrikes against Nusra fighters, arguing that they are now simply fellow rebels against President Bashar Assad, not an al-Qaida affiliate. THE ASSOCIATED PRESS

COALITION

U.S. probes airstrike

The U.S. military is looking into whether a coalition airstrike in northern Syria caused civilian casualties.

U.S. Central Command, which is responsible for U.S. forces in the Middle East, says in a statement Thursday that the American-backed coalition had conducted airstrikes in the area of Manbij during the past 24 hours. THE ASSOCIATED PRESS

Smoke billows in Bani Zeid after Syrian pro-government forces took control of the previously rebel-held district of Leramun, on the northwest outskirts of Aleppo. GEORGE OURFALIAN/AFP/GETTY IMAGES

Russia, Syria offer ways out

ALEPPO

But residents skeptical of leaving besieged city

After months of fighting to encircle its opponents in Aleppo, Syrian authorities backed by Russia on Thursday offered safe corridors out for residents and rebels in the northern city's besieged quarters, underlining the government's determination to seal off the metropolis and force an eventual surrender by the opposition.

Many residents dismissed the offer, saying it presents them with an impossible choice between a slow death if they stay behind and possible detention if they attempt to leave.

The encirclement of rebel-held eastern Aleppo sets the stage for a drawn-out siege with potentially huge implications for the future of the armed opposition to President Bashar Assad. The military continued to consolidate its grip Thursday, seizing a district on the northern edge of the city.

"If Assad shows that he is winning Aleppo, and he's now also advancing on the rebels in Damascus, it could trigger a more dramatic shift by finally convincing opposition groups that they have lost the war," said Aron Lund, nonresident associate of the Carnegie Endowment for International Peace.

The announcement on humanitarian corridors was made by Russian Defence Minister Sergei Shoigu, and was followed by a general amnesty offer by Syria's President Bashar Assad for rebels who give up their weapons and surrender to authorities over the next three months.

Rebels and residents of Aleppo said they were deeply skeptical of the offer, and there was no sign of people massing to leave the besieged parts of the city.

"I will not leave. I will be the last man in the city," said Mohammed Zein Khandakani, a 28-year-old resident of the Maadi neighbourhood of Aleppo who volunteers with the city's medical council. "I can't imagine ever seeing a member of this regime one more time."

But Khandakani, formerly a lawyer who was detained for a month in the early days of the protests against the Syrian government, said he was worried about his family.

Fliers dropped over eastern Aleppo showed supposed corridors leading to government areas, but the media office for the opposition's civil defence search and rescue group in east Aleppo said no safe corridors have been opened. THE ASSOCIATED PRESS

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metro VIEWS

Your essential daily news

SCIENCE SAYS Weekend, July 29-August 1 , 2016

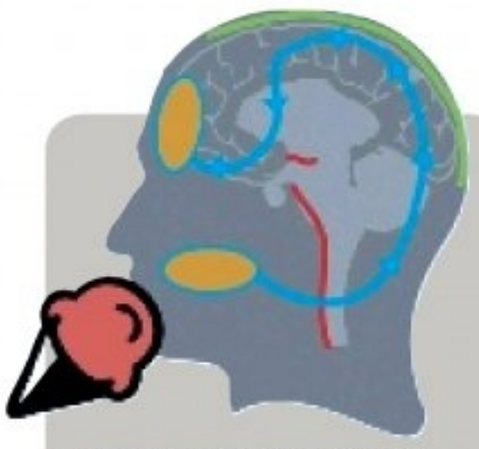
SO MUCH FOR PALEO Cancer's not a disease of modernity. Bone tumours have turned up in two-million-year-old hominids..

DECODED by Genna Buck

THE ONE DOWNSIDE OF SUMMER

Brain freeze. Also known as ice cream headache. Also known as **sphenopalatine ganglioneuralgia** — or the holy-heck-that-hurts nerve pain you get from slurping cold or frozen treats too fast. What's really going on in your head?

This rush of blood makes **blood vessels expand really quickly**
To warm them up, the **brain sends blood rushing to them.**
Expansion and contraction activates pain receptors in **the meninges**
Two major arteries meet there. When they get cold, they constrict rapidly
The pain signal travels through the **trigeminal nerve**
Cold ice cream touches the **roof of the mouth**
The **trigeminal nerve** is in charge of all the sensation of the face. That's why you feel pain in your forehead and temples, **instead of your throat**



A complex system of nerves, membranes and blood vessels kicks into gear when you lick an ice cream too fast.

Two major blood vessels that supply the brain, the **internal carotid artery** and the **anterior cerebral artery**, meet right around where the ice cream hits.

Pain receptors are located in the **meninges**, the membranes that surround the brain

The **trigeminal nerve** carries the pain signal to your face.

GRAPHICS: ANDRÉS PLANA/METRO

FINDINGS
Your week in science

ILLUSTRATION BY UKO GORTER

WHALE OF A DISCOVERY
A legend has come to life in the North Pacific after remains of a small, dark beaked whale washed up on an Alaska beach in 2014. Known to Japanese fishermen as karasu (the raven) since the 1940s, this whale is indeed a separate species. This has been confirmed following DNA analysis of the remains — a big addition to the club of mammals known to science.

BRIGHT FUTURE
A ray of hope in the fight against climate change: University of Illinois researchers have invented a solar cell that converts greenhouse gases from the air into fuel — using only the sun's energy.

SOUND SMART

PSYCHO SOMATIC

DEFINITION
Psychosomatic symptoms are caused or aggravated by emotional and psychological factors. The pain is real, but the source is the brain, not the part of the body that hurts.

USE IT IN A SENTENCE
Sharon has been getting headaches every day, and she's convinced they have something to do with the new electrical wires near her house. Her doctor thinks the cause is **psychosomatic**.

CITIZEN SCIENTIST by Genna Buck

Can the weather really give me a headache?

I had a horrible migraine during a thunderstorm. Is it true weather change can trigger a headache?— Don, Edmonton

Migraine sufferers sure believe that. On surveys, up to 70 per cent say their headaches are affected by weather changes.

Research suggests there's something to that, but there's reason for skepticism. A 2010 textbook on clinical neurology cautions: "Taken together, virtually all aspects of life have been suspected to trigger migraines ... but scientific evidence for many of these triggers is poor."

Studies that compare headache patterns with actual meteorological data, instead of just self-reports, produced mixed results. Several found no relationship between weather changes and headaches.

A few, however, have been more convincing. A 2015 Japanese study compared migraine suffers with people with common tension headaches during the time a cyclone (a significant change in atmospheric pressure) swept in. More than 70 per cent of migraine patients, but only 21 per cent of others, reported migraine attacks.

A study of 7,054 migraine patients visiting a Boston emergency room between 2000 and 2007 found a temperature increase of 5 C in the 24 hours before the ER visit increased risk of migraine by 7.5 per cent.

Though the evidence isn't as robust as it could be, I'm more inclined to believe in weather over other proposed migraine triggers (like wifi and magnetic fields), because there's a plausible mechanism behind it.

It's believed when air pressure increases or decreases during weather changes, blood vessels in the brain compress or expand. This irritates nearby nerves, causing throbbing pain and symptoms like nausea and sensitivity to light. Ouch. That's all too believable to people who suffer from migraines.

Science Question?
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metro WEEKEND
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MOVIES MUSIC TELEVISION DIGITAL

How a star was Bourne

RETROSPECT

Matt Damon returns to role that cemented his career

Richard Crouse
For Metro Canada

"Right before The Bourne Identity came out I hadn't been offered a movie in a year," says Matt Damon. CONTRIBUTED

In the latest Jason Bourne movie, Matt Damon will punch, kick and spy master his way to the top of the box office charts.

His previous Bourne films, Identity, Supremacy and Ultimatum, were all hits commercially and critically.

Damon says he owes a great deal to the fictional character.

After the early success of Good Will Hunting, Saving Private Ryan and The Talented Mr. Ripley made him a star, a string of flops cooled his box office appeal.

"Right before The Bourne Identity came out," he said, "I hadn't been offered a movie in a year."

Then his career was Bourne again.

"It's incalculable how much these movies have helped my career," he told The Telegraph. "Suddenly it put me on a short list of people who could get movies made."

In the spirit of "one for them, one for me" for every film like The Martian or the new Jason Bourne, Damon has attached himself to smaller, riskier projects.

He lent his star power to The Good Shepherd, a low budget film directed by Robert De Niro. It's a spy movie without the bells and whistles we've come to expect from our favorite undercover operatives.

There are no elaborate chase scenes a la James Bond or even the great scenery of the Bourne flicks.

In fact, the only thing The Good Shepherd shares with any of those movies is Damon, who plays Edward Wilson, one of the (fictional) founders of the CIA.

Despite mixed to good reviews — USA Today gave the film three out of four stars— and winning the Silver Bear of the prestigious Berlin International Film Festival, the movie barely earned back its production costs at the box office.

Ninety per cent of director Steven Soderbergh's job on The Informant! was casting this mostly true tale of a highly paid executive-turned-whistleblower who helped uncover a price fixing policy that landed several executives (including himself) in jail.

It's a tricky balancing act to find an actor who can keep the audience on-board through a tale of corporate malfeasance and personal greed, who can be likeable but is actually a liar and a thief, but Damon is the guy.

The Informant! skewed a tad too far into art house territory to be Soderbergh's new Erin Brockovich-sized hit, but Damon's presence kept the story of accounting, paperwork and avarice interesting. Reviews were kind but A Serious Man and The Twilight Saga: New Moon buried the film on its opening weekend.

Damon teamed with John Krasinski to produce and co-write Promised Land, a David and Goliath story that relied on the charm and likability of its cast to sell the idea that fracking is bad and the corporations who dupe cash-strapped farmers into leasing their land are evil.

It's hard to make talk of water table pollution dramatic but Promised Land makes an attempt by giving much of the heavy lifting to Damon.

Done in by middling reviews and "sobering" box office receipts, this earnest and well-meaning movie might have been better served in documentary form.

With an Oscar on his shelf and more than 70 films on his resume Damon is philosophical about the kinds of films he chooses to make, big or small.

"If people go to those movies, then yes, that's true, big-time success," he says.

"If not, it's much ado about nothing."

MOVIE RATINGS by Richard Crouse

Jason Bourne	★★★
Bad Moms	★★★
Café Society	★★★★
Nerve	★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

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5 WORST MOTHERS IN CINEMATIC HISTORY

Bad mothers may be getting their very own summer comedy but malfunctioning mommas have been part of cinema lore for ages. With the release of Bad Moms this weekend, Metro looks at what lessons we could learn from the worst matriarchs in movie history.

STEVE GOW METRO CANADA

Norma Bates: Psycho

Norman Bates's mom literally drove him nuts. In the 1960 horror classic, the innkeeper became so obsessed with his mother's repressive smothering that he murdered her in a jealous rage after she found a lover. Oh, and then he kept the corpse in the cellar and began dressing up as mama to target other women.

Lesson learned: Give your kid some breathing room.

Mary: Precious

Mo'Nique won an Oscar in 2009 for her terrifying portrayal of a monster matriarch. All poor pregnant teen Precious wants is to get out of the ghetto but when an opportunity arises, her perpetually angry, welfare-sucking mama sidetracks the abused adolescent.

Lesson learned: Don't blame your children for your own miserable problems.

The Queen: Snow White

She wanted to be the "fairest one of all" but the only thing The Queen in Snow White ever deserved was the "worst stepmother in all of cinema history." Wickedly vain, The Queen grew so jealous of her innocent stepdaughter's beauty, she kicked the girl out of the house, put a hit on her and passed her a poisoned apple. Jeez, get over yourself, already.

Lesson learned: Stop staring in the mirror. Your kids are beautiful too.

Kevin's mom: Home Alone

In this 1990 comedy, Catherine O'Hara's negligent mother forgot to pack preteen Kevin (Macaulay Culkin) when she goes on vacation, leaving him home alone to combat burglars. In the following sequel, she left poor Kevin abandoned on the streets of Manhattan. Child services would not approve.

Lesson learned: Don't forget your child exists.

Joan Crawford: Mommie Dearest

Based on an adopted daughter's memoir, this 1981 portrayal of Joan Crawford shows the screen-legend as a sadistic, abusive alcoholic who put her ego above her kids. Joan not only screams at her children, she whacks them with coat hangers and chokes her daughter when she admits she's "not one of her fans."

Lesson learned: Don't mix motherhood and showbiz.

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Your essential daily news

First Nations' canoes were arriving at Alki Beach in Seattle for annual celebration

The real Vegas

DISCOVER

Forget the Strip, this desert city is full of surprises

Nichole Jankowski
For Metro Canada

It's easy to follow the madding crowd in Las Vegas — last year, three out of every four visitors stayed on the Strip.

A privately-owned monorail shuttles passengers the 6.4 kilometres between seven major hotels and casinos, while pedestrian bridges restrict as much as they facilitate movement by requiring those on foot to walk to well-separated staircases and climb two stories just to cross Las Vegas Boulevard.

The Strip is designed so much with tourists in mind that, the story goes, when MGM built its mixed-use CityCenter it did not include a grocery store or school.

Outside of this stretch, however, there are neighbourhoods planning for community — this is the Las Vegas you'll want to take in when the buzz from your electric-guitar-sized to-go cup starts to wear off.

First up is the Downtown Container Park, an open-air entertainment and shopping centre made of repurposed shipping containers, that opened in the East Fremont neighbourhood in 2013.

Entrepreneur Tony Hsieh put $350 million into the project to renovate the municipality's true downtown. The small storefronts keep startup costs low, and short-term leases and loans are available for new businesses. Inside the compound are specialty shops like Art Box, which sells the work of local artists and crafters; Simply Pure, a vegan and raw restaurant; and SasaSweets Chill Spot, famous for its artisan popsicles.

Gentrification is spotty, but a couple blocks west a few new bars have opened, including Park on Fremont and Commonwealth, and a renovated El Cortez Cabana Suites provides affordable accommodation despite not having access to the amenities of the Strip.

Abandoned buildings still dot the area, but locals are fighting back with Life is Beautiful. The music and arts festival, which runs Sept. 23-25, boasts headliners Mumford & Sons, The Lumineers and J. Cole this year. There's also a lineup of chefs and educational speakers, but it's the art that makes an impact year-round.

Internationally renowned street artists like D*Face, Borondo and Zio Ziegler are brought in to paint colourful murals on existing and shuttered businesses. These works have become a destination in themselves and the foot traffic is said to be helping reduce crime in the area.

More recently, planners for Strip properties have taken note: the newly opened outdoor corridor between the New-York New-York and Monte Carlo resorts and the T-Mobile Arena offers a safe, walkable dining and entertainment district that includes public art; its centrepiece a 40-foot-tall sculpture of a dancing woman by artist Marco Cochrane.

To get the big picture, further down the Strip a London Eye-like ferris wheel called the High Roller offers a spectacular view that tops out at 550 feet. A full revolution takes 30 minutes, so head out just before sundown if you literally want to see change on the horizon.

Street murals. JEFF KRAVITZ/FILMMAGIC FOR LIFE IS BEAUTIFUL

Bliss Dance, a 40-foot-tall piece by Marco Cochrane, in Sculpture at the Park. NICHOLE JANKOWSKI/FOR METRO

MAP

Las Vegas Shortlist

Quick ideas for where to go when you visit:

1. Downtown Container Park
2. Gold Spike
3. Park on Freemont
4. Tacos El Gordo
5. Peppermill Fireside Lounge
6. Mystère by Cirque de Soleil
7. High Roller
8. The Park Las Vegas

metro SPORTS

Ex-NFLer Warren Sapp is OK but might need stitches after being bitten on the arm by a reported four-foot nurse shark while lobster fishing in Florida

Walker on path for major breakthrough

PGA CHAMPIONSHIP

48th-ranked golfer grabs early lead with 5-under 65

The search for another first-time major champion in the final one of the year began Thursday with Jimmy Walker at the PGA Championship.

Walker had no problem with the stifling heat at Baltusrol, and he was thrilled to see some putts finally go in. It led to six birdies on his way to a 5-under 65 and a one-shot lead over Emiliano Grillo, Ross Fisher and Martin Kaymer.

It was Walker's best score in a major.

"I feel like all year it's just been real stale and stagnant," Walker said. "It's just ebbs and flows of golf. Just haven't been scoring ... It's frustrating. I would have loved to have had a better year than I've had so far to this point, but I know there's always time to play well at the end of the year."

And this would be a good place to start.

If someone like Walker were to win the PGA Championship, it would be only the fifth time dating to 1934 that the four majors were swept by first-timers.

"I don't think it's a coincidence or anything," Walker said. "They are all good players and it was just a matter of time. So just keep that rolling."

Walker mentioned being lower than usual on the FedEx Cup (No. 50), and he is No. 48 in the world. There's also that Ryder Cup at the end of the year. And with only a month to qualify, he could make up for a lot of stale golf at the final major of the year, where points are worth double.

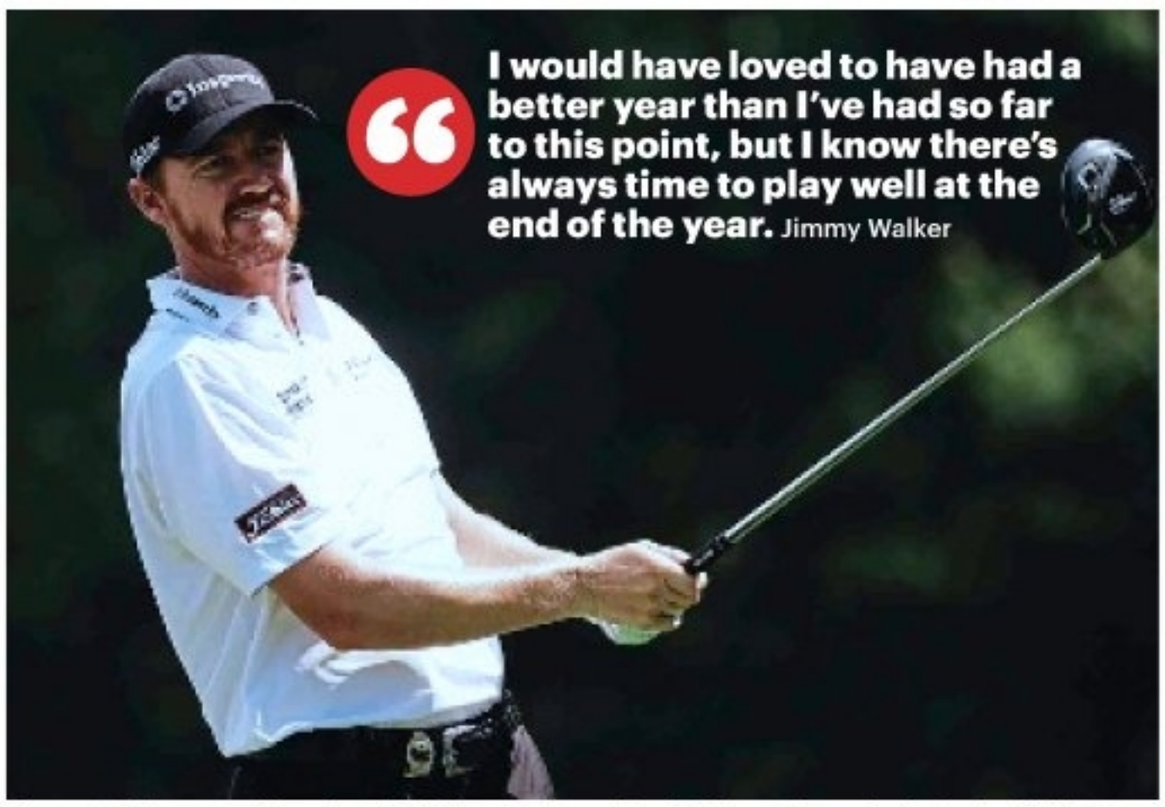
All anyone was looking for Thursday was a good start.

Grillo, the young Argentine coming off a tie for 12th at the British Open, was at 4 under with the two par 5s at the end to play. He had to settle for par on both. Fisher birdied them both to join Grillo and Kaymer at 66.

Harris English, Andy Sullivan and James Hahn were among those at 67.

Defending champion Jason Day, who played only one practice round Wednesday at Baltusrol, kept it in play and made enough putts for a solid 68.

THE ASSOCIATED PRESS



I would have loved to have had a better year than I've had so far to this point, but I know there's always time to play well at the end of the year. Jimmy Walker

Jimmy Walker tees off on the sixth hole at Baltusrol Golf Club on Thursday in Springfield, N.J.
STREETER LECKA/GETTY IMAGES

MORE SCORES

Henrik Stenson	-3	67
Rickie Fowler	-2	68
Jordan Spieth	E	70
Phil Mickelson	+1	71
Rory McIlroy	+4	74
Dustin Johnson	+7	77

ROGERS CUP

Raonic breezes into quarter-finals

Canadian Milos Raonic downed American qualifier Jared Donaldson 6-2, 6-3 on Thursday night in the third round of the Rogers Cup in Toronto.

Raonic will play France's Gael Monfils on centre court at York University's Aviva Centre in the quarter-finals on Friday.

Monfils beat Belgium's David Goffin 7-6 (5), 2-6, 6-4, earlier in the day to advance.

Top-seeded Novak Djokovic of Serbia played in the final match of the night against Czech qualifier Radek Stepanek on centre court.

Raonic, from nearby Thornhill, Ont., established his dominance from the very first serve, hitting 235 km/h on his first shot of the game.

He fired four aces to earn his first game and won the set with a slicing backhand volley at the net, pumping his fist as the crowd roared its approval.

I love to play when it's crowded, and if the crowd is for the other one, it's fine.
Gael Monfils

Raonic's mastery of the court was on display in the second set. He charged the net looking for a volley after a serve, but pulled his racket out of the way of Donaldson's return — to the stunned gasps of his fans — to let the ball sail just out of bounds. THE CANADIAN PRESS

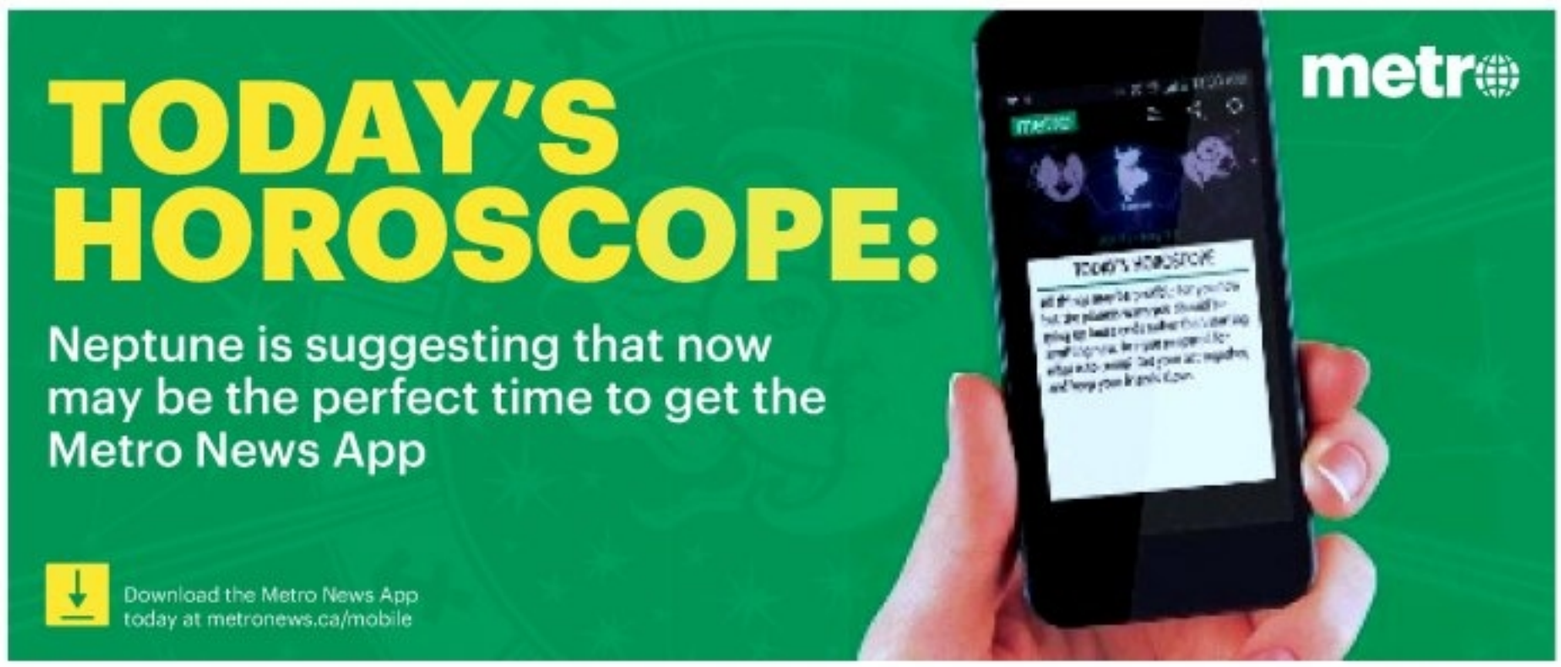
FOOTBALL IN BRIEF

You might only get one, so you gotta make the best of it.
Jimmy Garoppolo on his opportunity to start the NFL season as the Patriots' starting QB with Tom Brady serving a suspension

Poor ratings force college games off of New Year's Eve

The College Football Playoff has abandoned a plan to play most of its semifinals on New Year's Eves after television ratings tumbled last year, moving the dates of future games to ensure they will be played either on a weekend or a holiday.

The changes will start with the 2018 season. Ratings for last year's semifinals played on Thursday, Dec. 31, dropped 36 per cent from the semifinals played the season before on New Year's Day. THE ASSOCIATED PRESS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RECIPE Mushroom Melt with Pears

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You can't deny the appeal of a grilled sandwich, and the addition of sweet pears only makes this oozy melt more appealing.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes
Makes: 1 serving

Ingredients
- Pumpernickel Bread
- butter
- Dijon mustard (optional)
- cremini mushrooms, thinly sliced
- pears, thinly sliced
- Fontina cheese, grated

Directions

1. In a skillet, melt a pat of butter over medium heat. Toss in your sliced mushrooms and push them around until they soften up. Remove from pan and set aside. Wipe out your pan.

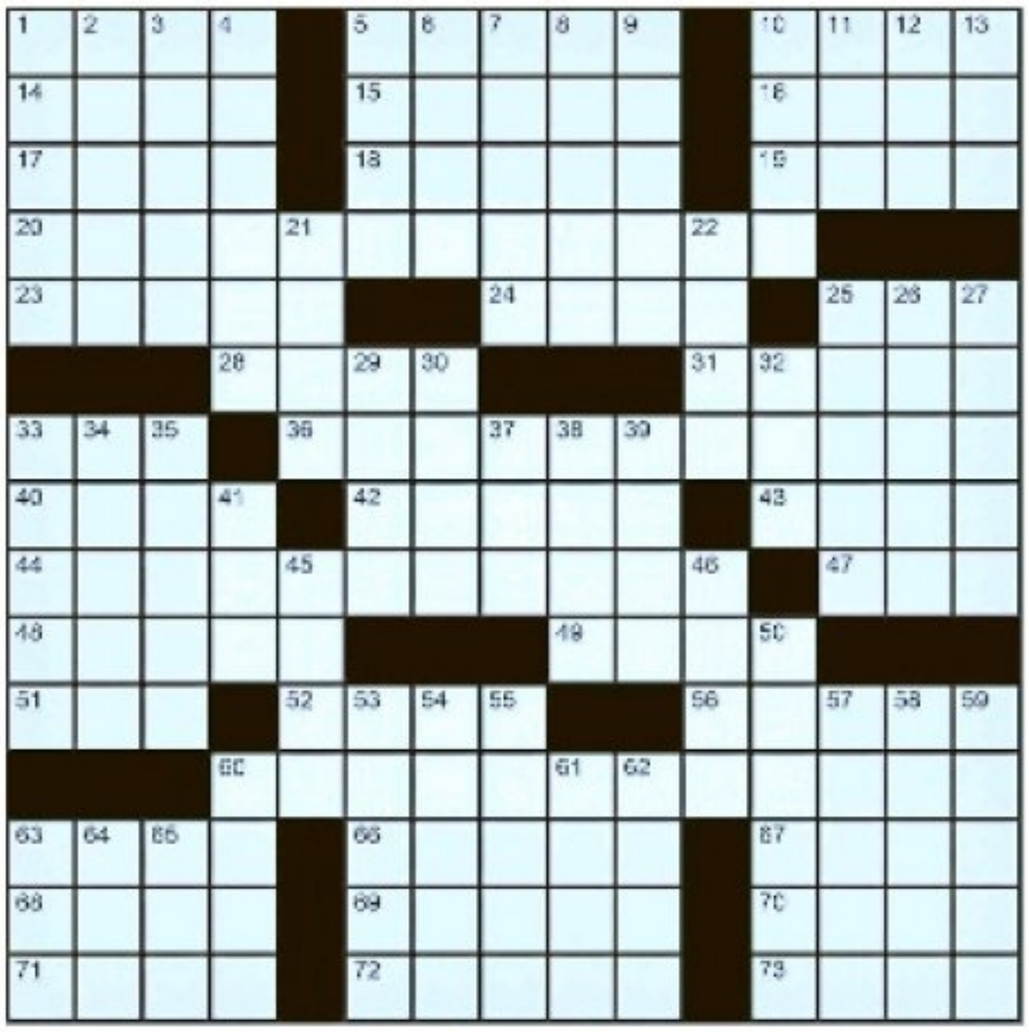
2. Butter the bread (and swipe the other side with a bit of Dijon for adventurous kids or adults) and place each piece in the pan, butter side down. Place a good handful of Fontina on each, then press down a couple of slices of pear, followed by a good spoonful of mushrooms. Place another piece of Pumpernickel on top, butter side out. Let that sizzle away for 2 or 3 minutes, peaking at the underside using a spatula to see that your bread is toasting not burning. Flip it.

3. Allow the sandwich to grill for a couple more minutes then remove from the heat. Cut in half and serve warm.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. _. Coach
5. John _ (#36-Across' Newmarket, Ontario born co-star in #44-Across)
10. Young hawk
14. Same, in Sherbrooke
15. Love, in Venice
16. Hound's "Hey!" holler
17. Ancient concert sites
18. _ New Guinea
19. Glimpse
20. Group of Seven painter whose works are currently being exhibited at the Art Gallery of Ontario in Toronto: 2 wds.
23. Result
24. Ms. Redgrave
25. _ and flow
28. Alberta, e.g.
31. Showy variety of lily
33. TV Cousin
36. American comedian/writer/actor who is a co-curator of the exhibit at #20-Across: 2 wds.
40. _ crust pizza
42. Astrological aspect; or, Deuce-ace
43. Part of speech, e.g.
44. "Planes, Trains and _" (1987)
47. Stop-_-_
48. Doubled-lettered-starting creature
49. Mix
51. Currency in Japan
52. Ivy League school
56. Preference
60. North Shore, _ _ (1926 oil on canvas by #20-Across)
63. Dawn love song
66. 'I' of IV
67. Rock music's Better Than _
68. Forest mammal
69. Marketing link: 2 wds.
70. Hobby shop items
71. Dungeon-like
72. Have _ _ egg (Have savings)
73. _-planting ceremony

DOWN
1. Arcade game, Whac-_-_
2. Vehicle variety
3. Some ducks
4. Shred the sheets: 2 wds.
5. _'_ Crunch (Breakfast cereal)
6. Nursemaid
7. Certain cactus
8. England: Theatre Royal _ Lane (West End theatre in London)
9. Wish wistfully
10. Ophthalmologist's interest
11. Not-no
12. Matterhorn, for one
13. Operative
21. 'Ballad' suffixes
22. King Atahualpa, for one
25. Musicdom's Sir John
26. Flashy jewellery
27. Instrument played by #36-Across
29. Mr. Preminger
30. Action word
32. Curve
33. Po River locale
34. Mount _, Bylot Island (Painting of 1930 by the Brantford, Ontario born artist at #20-Across)
35. Greek Myth: Prometheus, for one
37. Gladiator's lucky number
38. Photocopies made bigger, for short
39. Convene
41. _ de plume
45. Ms. Angelou
46. Venue
50. Most unique
53. Dog of Japan
54. Russian leader, b.1870 - d.1924
55. Cosmetics company, _ Lauder
57. Measuring person, say
58. Dessert selection
59. Obliterate
60. Songbird sort
61. Leon _ (Exodus author)
62. Hound's huff
63. Do 'plus' work
64. Musicals star Ms. Salonga
65. Mr. Mulroney

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Sports events, romantic dates and time spent with children are areas where you might lose your temper today. Your objective is to have fun today. Keep this in mind.

Taurus April 21 - May 21
Avoid family squabbles or conflict with partners today, because you need this like a fish needs a bicycle. Stay mum and do everyone (including you) a favour.

Gemini May 22 - June 21
Don't try to win an argument today. Don't try to make a point. Demonstrate grace under pressure. Be a role model for others.

Cancer June 22 - July 23
Money squabbles are likely today, especially over children or social situations. Money is always a tricky thing between friends and romantic partners.

Leo July 24 - Aug. 23
Most people are touchy and irritable today, which is why you have to tread carefully. You might feel that you have to defend your ideas or beliefs when talking to someone. Oh well.

Virgo Aug. 24 - Sept. 23
Something going on behind the scenes might annoy you or become annoying for someone else. Assume nothing. Be prepared to smooth-talk your way out of something.

Libra Sept. 24 - Oct. 23
Quarrels with friends or members of groups might occur today. Think of the downside, especially for the future. Don't make a scene. Anger serves no purpose other than to make everyone other miserable.

Scorpio Oct. 24 - Nov. 22
You might be intimidated by someone in a position of power today because he or she is rude or coming on strong. That's his or her problem. You don't have to react.

Sagittarius Nov. 23 - Dec. 21
Do not preach or proselytize to others today because it won't work. People will object. In fact, some people are waiting for an excuse to fight. Don't give it to them.

Capricorn Dec. 22 - Jan. 20
Postpone discussions about shared property and inheritances for another day, because something will go south fast today. Easy does it.

Aquarius Jan. 21 - Feb. 19
It's not easy dealing with people today, especially bosses and partners. Before you know it, they are at loggerheads. Run away! Run away!

Pisces
Feb. 20 - March 20
Another argumentative day! The difference today is that arguments will likely take place at work. Chill out. Stay on good terms with co-workers because you have to work with them tomorrow and tomorrow and tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Your daily crossword and Sudoku answers from the play page.

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6	1	8	5	4	9	2	3	7
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